

Sufi Parables

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These parables are about how you can master heart love and, by overcoming your vices, become pure, kind, strong, and wise. Each parable allows you to touch the spiritual knowledge of the Masters, Who share with us the richness and beauty of the great art of the transformation of the souls. The parables that are presented in this book were compiled and narrated by Sufy and Sulia.

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From the Editor

People have different ideas about what their religious life should be.

Some think that it should consist in the participation in rites and violence against other people.

Others — the reasonable ones — understand that One Universal God (the Creator, the Primordial Consciousness), called *Allah* in Arabic, now (and not, for example, during the formation of Islam) wants from us, embodied people, quite the contrary. Namely, He wants everyone to perfect, to develop himself or herself as a soul.

It is customary in Islam to denominate a war against people who are considered enemies as external jihad, while internal struggle against one's own imperfections as internal jihad.

Sufism — the main branch of Islam — is where the methods of internal jihad are practiced. You can read about this in the books such as *Classics of Spiritual Philosophy and the Present*, *Divine Parables*, *Book of the Warrior of the Spirit* and in others. The parables published in this book are also dedicated to this theme.

The true methodology of spiritual development taught to us by Allah is one for *all* people who seek the Path of spiritual perfection. Only the external forms of manifestation of religiosity are different. Yet they were created by people, and not by Allah, and do not relate directly to Him.

This book will be useful to all those people who, in their personal evolutionary development, have become mature enough to practice internal jihad.

Parable about the Master Casting no Shadows

“Shadow cannot fall on the source of light!”

Assyris

There were times when many Sufi schools flourished, and people, looking for wisdom, went from one master to another, choosing the one from whom they would like to learn.

Once some young men who decided to go on a journey and find a great and wise sheikh gathered.

They discussed different stories about those teachers about whom they had heard remarkable legends and were impressed most of all by the legend of the Master Who was so perfect that He even cast no shadows!

So they went to Him to become His disciples.

They expected to see a wonderful man — a magician who was endowed with great abilities and knowledge by the Grace of Allah.

* * *

When the travelers approached the house of the Master, He was standing at the gate. It seemed that He was waiting for them.

The Master kindly welcomed the travelers.

The sun was shining, and to the disappointment of the seekers, the shadow of His body followed obediently its every movement...

Now the young men did not know what to do...

However, the Master cordially invited them to enter, saying:

“I knew that I would have some visitors over for lunch and prepared a meal. Don’t upset Me, please, and eat here with Me! You have made a long journey and are tired! Your efforts should be rewarded!”

To avoid hurting Him and to hide their disappointment, the young men agreed thinking that they would continue their journey and searches after having a rest.

They washed their hands near a spring and began their meal with the Master.

“You, probably, were told nonsense about Me,” — said the Master, looking at them knowingly. — “But it isn’t worth believing everything that people say! It is better to seek the Truth!

“A lot of legends are fabricated about each Master Who works to help people. It is said about Me too that I can do whatever I want, that I can heal any illness and return the dead to life... Rumors love to crowd around the Truth!

“Yet I never can do only that which people wish! I always do only that which Allah wishes, and the happiness of My life consists in the fact that My will and the Will of Allah do not differ anymore. I am just a humble executor of His Will.”

*** * ***

When the young men made themselves comfortable in a garden to take a rest after the meal, a sick person came to the Master. His body was covered with scabs.

As the Master spoke with him, his face gradually became brighter and brighter. A smile blossomed on it. The understanding increased, and the love for Allah and for all beings in the Creation began to shine in his heart.

He thanked the Master, bowed low, and walked to the gate... Suddenly his skin became clean!

Shocked by that miraculous healing, he came back and thanked the Master once again with tears in his eyes, hardly believing what had happened...

The young men were amazed...

“Forgive us!” — they said — “We were wrong! You are a great Healer and the One Who knows human souls! Tell us how You do this!”

“I helped this man to understand and see the cause of his disease. When the cause is recognized and eliminated through the right understanding and repentance, it is not difficult to heal the body as well.

“If the shadow of the past is erased with the help of repentance and correct understanding of how one should live and act, then it is possible, by removing the cause, to change its consequences.

“Every action and every thought of a person leaves traces in the Absolute. Sometimes such traces are dark, sometimes light, sometimes deep, and sometimes very insignificant. Whatever the case may be, everything that one did in the past has its influence on one’s present destiny, while the way one thinks and acts now will have an effect on one’s future destiny.

“Yet every one of us has the ability to purify and transform himself or herself as a soul, thus coming closer to the Purity of Allah!

“We can really purify ourselves from the dark shadows of the past! In this case, our lives will change for the better!

“When such a transformation of the soul is reached, it becomes possible to heal the body as well.”

* * *

So it happened that the young men stayed with the Master and became His disciples.

Many years had passed since then. They learned to see the causes and effects of events, to cleanse the organs inside human bodies with the Light of Allah, to

hear His instructions in the silence of their spiritual hearts, to feel that love for people which, among other things, impels one to help those who suffer. They also learned to preach Love and Truth...

... When, going to the world to serve people by the knowledge that they had received from the Master, they turned around — they saw Him standing at the gate of His house like in the first day they met. Behind His body, they could contemplate the shining *Light*, which was similar to the huge risen sun. That was the Light of Allah, flowing, illuminating and saturating all around. Indeed, no shadows were seen anywhere!

Now they could see this.

Parable about Good and Evil

*The Lord of everything was evident for Me —
and I perceived His Presence
in the manifested and in the unmanifested,
in people whom I met on My Path, and in everything
that His generous Hand gave Me!
I did not divide these gifts into good and bad ones,
because Allah does not give
that which should not be received!*

*Every minute of your life is the message of Allah to
you and your response to Allah.
You can read every moment like the Quran,
because everything around is the Book of Existence,
and He teaches you to read it!
When you learn this, you will
experience only the Bliss of His Love!
And when you talk after that —
it will be the song of thankfulness to the Creator!*

Haji Bei Murat

Once a woman came to the Master casting no shadows and brought a sick girl with her.

This woman, who called herself the mother of the girl, said:

“If you really know Allah, heal this child! But if all that you can do is only to deliver homilies, with which you deceive those miserable who come to you, then take this girl! While she was little, I carried her in my arms, and people used to give me charity out of pity. Now she has grown, but still cannot walk. I have no more strength to carry her and nothing to feed her. I cannot raise the child who is going to be a cripple till its last day!”

“This is a very difficult case. It will take a lot of time to heal her,” — said the Master quietly.

He looked at the girl attentively, and then He lifted His eyes to the woman.

“Do you really want to leave her to Me? If this child given to you by Allah is a burden to you... — then, well, I agree. But don’t regret this later!”

* * *

Many acquaintances of the Master reproached Him for allowing the sick girl to stay in His house. They said:

“What will those who want to learn from You think about You? They will think that You are a bad healer and not a true Master if a cripple lives in Your house!”

However, the Master calmly replied:

“I accept that which Allah sends Me and thank Him for His gifts!”

The disciples of the Master began to call the girl Sufy, since she lived in the house of Sufi sheikh. Thus this endearing nickname had become her spiritual name long before she received her first serious initiation.

Almost every evening, the Master told stories or parables to Sufy but never finished them.

He spoke as if the heroes of His stories came to life, as if the sounds of their speeches were heard and their figures and movements seen. Even the fragrance of flowers and a breath of wind seemed to reach the little listener...

The Master ended His every incomplete story with a question about how this or that hero should continue to act.

The next day Sufy answered Him, and depending on her response, the tale took a new turn and had a happy or bitter end.

The girl got accustomed to thinking about the answers seriously — as if a real person, and not a fairy tale hero, got into troubles or avoided them, depending on her right or wrong decision. If she made a mistake, she was very upset and tried to correct it. Then a fairy tale had a happy end!

Every day the girl was taught by the Master and His disciples to read and write, to wash and cook. She tried to do her best, even though she still had little strength.

... Once Sufy asked the Master:

“How can I learn to make no mistakes in my answers?”

“It is difficult or, perhaps even impossible, to make no mistakes at all... Everyone in life learns not only from his or her right words and acts but also from the wrong ones.

“Do you remember how I once asked you to wash glass containers for medicine and explained how to do it better? Yet you were stubborn and broke them... I recall that you were very upset then but remembered that case, and since then you have followed carefully My advice. When you manage to understand something important from your own error — from that moment on, you know very well how to behave right!

“Still there is one method that allows one to make fewer mistakes.”

“Teach it to me!” — asked Sufy.

“Every human has the spiritual heart. Inside it, love for everything can be born: for blossoming flowers, tender animals, infinite beauty of nature around us, kind people, and Allah Himself, Who has created all this and gives life to everything and everyone! The spiritual heart is in the chest. You can feel it in that place to which you inhale and from which you exhale the air.

“Right here, in your chest, you have this especial center of you as a soul. Love is born in this place. From here, it grows and embraces those whom we love, no matter how far they are. If love is strong and pure — it can expand immensely and fill everything and everyone regardless of distance!

“It is in the spiritual heart that one can understand the advice of Allah. It is here that we can decide how to act correctly. The Love of Allah can be felt only here as well — in the spiritual heart that became big and developed enough!”

So the Master taught Sufy how to submerge oneself into the spiritual heart, how to look with the eyes of *the heart* at the world and at people, how to listen to Allah in the silence of this heart, filled with love and calm, and how to expand this heart love more and more.

Sufy mastered all this and changed drastically! She stopped being a sickly girl, who longed for the care and special attention from others!

With each day, she became more joyful and healthier! A smile of happiness lit up her face more frequently! Soon her pure laughter, similar to a ringing bell, began to sound in the house of the Master, emphasizing the beauty of the transparent silence that usually reigned there. Now Sufy gave everyone the warmth and gentle calm of her heart!

* * *

Once Sufy asked the Master:

“Why do diseases exist? How nice it would be if they didn’t!”

“Are you sure?”

“Yes!”

“But then you and Me would never have met!”

“Oh! I didn’t think about this...”

“Allah brought many people to Me through their miseries and diseases, and I was able to help some of them.

“Everything is slightly more complex than people usually think...”

“When you grow up, Sufy, I will teach you to see the hidden causes of everything that happens. Now just remember that everything is connected in this world, in the world beyond the death of the bodies, and in the Infinite Light of the Love of Allah! Everything is created by His Love and rests on the foundation made of this Great Love! Therefore, no matter how difficult and hopeless a situation seems to be — love allows you to resolve it!

“I too wish that diseases and misfortunes didn’t exist... However, many things must be changed in the world and in people living in it so that they never forget about kindness...”

* * *

Time passed by...

The Master taught Sufy other methods of purification of the body and soul. She grew and became a beautiful girl. The light of her spiritual heart was transforming and healing her body each time more, but she still walked with great difficulty...

... In those days, sheikhs sometimes sent their disciples to learn from other sheikhs. In this way, by

listening about the Truth from other sources and learning from different teachers, disciples could obtain wider vision and knowledge of life.

And so it happened that the Master and Sufy were alone in the house that day. The Master was writing a book while Sufi was washing in the patio when burglars entered the house.

Since deep silence was there, they did not suspect that the Master was in one of the rooms. They were quickly putting in their bags all that they believed were of value. (People often thanked the Master with different gifts; therefore, in the house there were items that could be sold at a high price).

Having gathered all that they found, they suddenly saw the Master Who came up to meet them like welcome and kind guests.

The burglars behaved in the same way as people led by fear usually behave... One of them, having approached the Master from the back, hit Him on the head with a heavy lamp... The Master fell and lost consciousness. The bandits hurriedly ran away taking the stolen with them...

Sufy heard a strange noise and ran into the house... She saw the body of the Master on the floor with trickles of blood around... She ran up to Him...

“This is the end, My girl!” — said the Master happily, having opened His eyes...

“No, no, don’t die!”

“I am not going to die! Don’t be afraid! The wound is superficial! Yet now you are completely healed!”

Only in this moment Sufy realized that she could move freely on her legs!

* * *

“Look how beautiful today’s gift of Allah is!” — said the Master, while Sufy bandaged the wound. —
“People often cry and complain when difficulties and

adversities befall them... They talk about how terrible the evil is!... However, the good and the evil often exist in this world as two sides of one hand of destiny. This hand acts in accordance with the Will of Allah and the laws of the existence of the universe created by Him. So let's thank Him! If these thieves hadn't come — we would have to spend some more years, trying to heal you..."

"But what about them? By causing harm to You, they caused great harm to themselves, to their destinies..."

"Today they did what they have been doing always. But those gifts of love and gratitude that they stole will change their lives in some way. We will see this soon..."

Sufy finished bandaging the wound and looked anxiously at the face of the Master. He smiled reassuringly. At this point, He mentally observed the sixteen years of their common hard work and the sudden complete recovery of Sufy...

The girl wanted to suggest that the Master lay down, but she heard from Him something so familiar:

"Well, it's time for you and Me to start working! Let's put the things in order and clean the house! Cleanliness everywhere and in everything brings us closer to the Perfection!"

Parable about the Sight of the Master

"You are completely dirty," — said the Master to a disciple.

"Absolutely not! It's not worth mentioning! It's just a speck!" — he objected looking at a small dark spot on his white clothes.

"Let Me repeat it again: you are shockingly dirty! Go and clean this dirt right now!"

“You are wrong, Teacher! It’s just an insignificant speck! Perhaps, You can’t see well...”

“No, My friend, I see everything well enough to warn you about great danger and will be happy if you hear My advice!

“When a drop of dirt stains white clothes — it is clearly visible and easy to be washed off.

“However, if even a small drop of pride or self-conceit contaminates the pure waters of the soul, then it dissolves in them and turns into turbidity, becoming barely noticeable. Then it is not easy to remove it!

“If you want to keep learning from Me, you have to get accustomed to the fact that My sight is like a magnifying glass.

“If I see a vice of My disciple, I increase it with My attentive sight to such an extent that a disciple understands the pernicious character of this vice and thus can destroy that which darkens his or her spiritual purity.

“On the contrary, if I look at the achievements and successes of My disciple, My sight makes them small and insignificant in comparison with the wide expanse that Allah opens for the future attainments of the soul.

“On the other hand, I am not forcing you, and you can continue to consider yourself pure and innocent and live in an illusory world, cherishing your imperfections... But then Allah will give you those lessons that will help you to understand the truth through your pain and disappointments.”

The young man lowered his head and obediently hastened to act upon the Master’s advice. He washed the speck on his clothes in running water for a long time, cleansing himself simultaneously of the sprouts of pride and self-conceit that had appeared in him...

The Sight of the Master has great power. It can help a disciple to see his or her problem before it turns into an illness or other affliction.

However, only a disciple alone can erase a certain vice and cleanse his or her own future!

Parable about How to Learn True Love

Once a man came to the Master casting no shadows to ask for His help and advice.

“You are a wise Master, so help me! I see my imperfections and weaknesses, but I can’t handle them! I have tried for many years to restrain myself from manifesting my bad emotions or perverted desires, but when a new situation sent to me by God overtakes me suddenly — I repeat the same mistakes! I repent after each one of these situations and promise to myself not to sin anymore, but again and again anger, irritation, and fear overcome me. Strong desires and little whims enslave my will and force me to fulfill them until I become satisfied. Am I hopeless and is there no salvation or remedy for me? I wish to become better very much...”

The Master looked kindly at that man. They were near a beautiful pond. Wonderful white and pale-pink lilies bloomed in water, whose smooth surface was calm and clear like a mirror.

The Master said to the man:

“Look at your reflection.

“Now make this reflection raise its hands to its face without moving your body!”

“But this is impossible!”

“Then move your body, but order the reflection to remain motionless!”

“This can’t be done because the reflection repeats all the actions of my body!”

“Yes. In the situation of ‘you and your reflection’, you are the cause, and the reflection in water is the effect.

“The correlation between the qualities of you as a soul and your emotions, thoughts, and actions is the same.

“You need to change yourself as a soul — and then all your emotions, thoughts, and actions will be beautiful.

“If you want, stay with Me. I can show you the techniques that will help you in this.

“However, you need to take into account one thing...

“Look, this bud of a white lily is not open yet... And even if you desire this intensively — it will not open its petals immediately.

“It takes time for a flower to form. The sun needs to caress it every day and water needs to nourish its roots! Only then, over time, a beautiful flower will be born! Only then its petals will open, and all its inner beauty will be visible!

“Similarly, the transformation of the soul takes a lot of time and effort. So, be patient...”

*** * ***

The man stayed in the house of the Master, and He began to teach His new disciple to move the center of the soul to the spiritual heart.

He explained:

“To start the transformation of the soul, it is necessary to know that one can live perceiving the world not only with the mind, eyes, and ears of the body, but also by the loving soul that consists of the spiritual heart!

“Now inhale deeply — and exhale. Do this several times.

“Feel that space inside your body to which the air is inhaled and from which it is exhaled. Now try to inhale the light, similar to the one radiated by the sun, in the same way you inhale the air.

“Let that part of the light which you inhale stay forever in your chest. Get accustomed to the fact that you as a soul live now there. Love is born there too. Let it illuminate your life path among all other people and among all other living beings on the Earth and even in intangible spaces.

“After that, each day you can learn to radiate this light, as if a tender sun were inside you, shining from within.

“Then you should expand this light to all directions as far as your strength allows you.

“You can learn to live inside this space of light, to perceive yourself there, to look from it, to speak from it, to stretch the caring arms of the soul from it and caress everything in the Creation of Allah!”

*** * ***

The new disciple of the Master began to repeat these exercises every day.

A new fascinating perception of the world started arising in him! It was an amazingly joyful and blissful contact of the soul, which consisted of tenderness and calm, with everything and everyone!

Meanwhile, the Master kept showing His disciple new methods for cleansing the energy of the body and expansion of the consciousness.

The flower of the soul began blossoming and giving off the fragrance of Divine Love. It became possible, because the love for Allah arose in this man and got stronger every day!

Now he endeavored to never forget about the Love of the Creator, Who is always around and inside each one of us!

Gradually, this man learned to encompass every situation with his love and calm.

It became easy for him to cope with his evil thoughts and emotions that still arose sometimes, and

these negative states appeared in him less and less frequently.

Later on, he did not need even to make special effort to look at everything with the eyes of love from his spiritual heart that grew many times!

Thus he cognized great bliss, in which a spiritual warrior can live on the Path to Allah! He mastered that state in which one can always feel the presence of the Almighty and find in Him the Support in every life situation.

One year went by. This man cognized a lot, living in the house of the Master casting no shadows together with other disciples.

* * *

Once his Teacher said to him:

“You have mastered the first stage of discipleship: you have learned to be stably in the center of calm and love, called the spiritual heart. However, you have mastered this in the conditions of the ashram, where harmony always reigns.

“Now you may go into the world where ordinary people live and learn to maintain these states also in those situations in which not everything is favorable.

“Moreover, you may teach what you have learned to those people who will ask for your help.”

“Are You sending me away, my Master? But I still know and can do only a little!”

“I’m not sending you away! I’m just giving you the next task: to learn to do all the same but without My help. I’ll meet you here again when you’re ready to continue.”

“How will I know this? I still cannot perceive always the Thoughts of Allah and His Words! I haven’t learned enough! How will I distinguish between the right and the wrong? How can I learn to act correctly if I can’t ask Your advice?”

“Allah can speak with the soul not only with the help of the words.

“Those who have mastered the ability to be love can easily master the rest!

“Do you remember that day when you came to Me for the first time?

“You then looked at your reflection...

“That’s how most people live in the world. They live as if they are looking only at their reflections in everything. Their horizons are limited. This is how small individual souls who think only about themselves live. Such souls perceive everything in the world in relation to how it concerns them personally: ‘People love me — or people don’t love me’, ‘I’m pleased by someone — or I’m not pleased’, ‘I want this and that and that...’

“This happens because one usually sees only what one looks at!

“If you, for example, look now at the reflection in the pond, you will see much more than you saw before, won’t you?”

“Yes, now I will also see the reflection of this beautiful sky with light clouds and soaring birds, as well as tender flowers, which are reflecting so amazingly on this smooth surface, as if they were growing in Heaven! All this beauty and harmony is like music that glorifies the Creator! I also see You and myself with You. I can’t see yet the One Who has created all this, but I know that He is reflected here as well! He is always with us, and I feel His Presence in everything...”

“Well, now you can assess how your horizons have expanded!

“In all that surrounds you, in all that happens to you — you can now learn to see the Manifestation of the Will of Allah, of His Power, Beauty and Wisdom!

“The whole Creation is the Manifestation of His Plan!

“The entire world around you is like the message of Allah to you! You can learn to perceive it. Once you ask a question to Allah — be sure that you will receive His answer after a while!

“Even if you still can’t hear the revelations from Him in the inner silent space of your spiritual heart — you, though, will be able to understand His answer!

“This answer may come to you through the words of people whom you will meet, through a book opened to the right page, or through some other event — big or small — that will answer your question and suggest a solution.

“Don’t be afraid of the lessons of Allah! Don’t be afraid of your own mistakes! In this case, you will learn gradually to hear clearly His Voice and know His Desires always!”

*** * ***

After a while, the Master continued:

“True love is devoid of selfishness. This is the criterion that always permits one to differentiate between the right and the wrong in oneself and in others.

“You should love in this way!

“Help others to cognize such pure love!

“In this case, the Laws of Kindness and Care that you have mastered by learning from Me will never let you fail!

“Now you can learn to live feeling the presence of Allah always!

“You will be able to feel Him and simultaneously to walk or to sit, to be silent or to speak, to eat or just to admire the beauty!

“You will be able to see the Manifestation of the Will of Allah in everything around you and in everything coming to you! The understanding of His Love and Wisdom will grow in you every day!

“Live in this way and help all other beings that will be sent to your destiny by Allah!

“Thus you will prepare yourself for that time when you are ready to see the Manifestation of Allah in yourself as well. You will cognize Him as your own *Higher I*¹, identical to the *Universal I*! Then we will meet again!”

Parable about Offense, Forgiveness, and the Purification of the Soul

One day a middle-aged woman came to the Master casting no shadows.

She told Him her sad story about her life:

“I came to You for help, because my life is full of sorrow and makes no sense. I don’t cherish any hope that someday everything will change and Allah will send happiness to my home...

“I am a widow...

“My father was a Sufi. He taught me the love for Allah that lives in the beauty of nature, of music, of words, and of wise thoughts. He taught me to read and write, to perform music and beautiful dances...

“However, he died early, and then my relatives married me off. I was very young, almost a child, and obeyed... My husband was much older than I. I was to him like a slave-concubine that fulfilled his indisputable will obediently even when everything inside me resisted... I couldn’t even imagine then that a woman can really love her husband... Time went on... My husband became old and no longer ordered me about as before, but I continued to serve him...

“We didn’t have children...

¹ Or *Higher Self*.

“... Then he died and I stayed all alone.

“At that time, I woke up from a bad dream. I started, as in my childhood, seeing the beauty around, hearing the singing of birds and the murmur of water in a river. I began to see stars and the sun.... This beauty gave me the hope...

“I fell in love with one man, my neighbor. We could have become a good match... We spoke about the important... It seemed to me that we always understood each other... It seemed to me that he loved me too and that he wanted to marry me and soon would offer me to unite our lives...

“The time was passing, but he still did not speak about the marriage...

“And then... he married a young girl... Yes, she was very beautiful, but this was her only virtue... She was moody and not very clever... She ordered her husband about and made him satisfy all her whims...

“I still loved him... It was the light in my life, even though my love was not reciprocated. I forgave him for his choice. We remained good friends.

“Then one day he offended me gravely. It was as if the light grew dark in the soul... I realized that I no longer could, as before, live by love that I gave to him, because he didn't need my love...

“Even now his contemptuous and angry words continue to sound in the soul and poison my life!

“I will never be young and beautiful again. No one needs my skills... Loneliness and emptiness is all that awaits me... I don't know how to live out the time that is left for me on the Earth... I almost have no means of livelihood. I cannot maintain the property of my ex-husband, which has already fallen into decay...”

“Do you know that you came to a Sufi? I will not give you advice on how and where you can find a husband. I'll talk with you about something else. Do you want to change your life before the Eyes of Allah?”

“Yes, I want to try if something still can be done...”

“The first thing you need to learn is to forgive offenses. Look, everything bad that happens to you now comes from your resentment!

“Everyone should learn to change situations in his or her own life ‘from his or her end’.

“It often happens that we cannot change the events that come into our lives, because they are beyond our control. However, we always can choose our own point of view on those events, our attitude to what is going on.

“And we should always remember that everything that comes to our lives is sent by Allah and that He sends it for our good!

“For example, it is raining. You can be sad that the weather is not good and that you can’t even leave your house. Or you can be happy that this living moisture is nourishing crops and grasses, trees and shrubs.

“You can be sad because the intense heat does not let you enjoy a stroll. Or you can be glad that this warmth will help the harvest to ripen.”

“You are speaking like my father, and I am listening to you like a little girl!”

“You were offended, and I even know that what happened to you was unfair if we look at this situation with the eyes of an ordinary person. Nevertheless, it depends on you whether you continue accumulating the bile of bitter resentment and suffer because of it — or forgive and let the whole situation go so that you can open yourself for a new and clean life in harmony with Allah!

“Many people live dreaming of revenge for years, hatching up plans of murder... You are not like them: you do not want to harm that man. Still you’re doing bad to yourself! You harm yourself by spoiling all the best that is in you! This is a sin before Allah! You poi-

son the soul slowly with your state of resentment! This can result in a serious illness and then in an untimely death of your body.

“It’s up to you to continue being offended or to forgive! You managed to forgive him when he didn’t choose you as his helpmate. So, why not forgive him right now as well?

“Each time we can decide how to react to what is sent by Allah to our lives, and the only correct decision in each case is to thank Him for all that He sends. Thanks to these lessons, we can become better — kinder and cleverer!

“It is completely in our power to choose how to react to what comes to us from Him! You once were learning to do this a long time ago.

“You don’t know yet what a wonderful gift from Allah came to your life with that event and that now you have an opportunity to change a lot in your destiny!

“Your father was a great master and could teach you how to live by the spiritual heart. A heart with wings is a symbol of Sufis. This heart can soar in the world of Love and Light even when everything around takes a very unfavorable turn!

“However, you have recalled the lessons of your father only a few times during your entire adult life! This is why many things in it were not as good as they could have been...

“Now you can recollect how you were taught to live being full of love for Allah and for everything around you! You can live as the developed spiritual heart and no longer break down due to outside events that seem to be unwanted at first sight...

“You should see and understand what happens when a soul submerges into the emotions of resentment, anger, sadness, despair, desire ‘to get’, or envy... Any low state of a soul makes this soul move to that layer of the multidimensional universe where the

winds of the same emotions reign. They capture this soul, enslave it and do not let it swim out to the light, to the joy of life in Purity and Love...

“One should learn to purify oneself as a soul, accustoming oneself to living in the Subtlety and Light, so that the layers of Love, Harmony, Tenderness, and Care will become one’s natural habitat!

“Look, the one who lives being entangled with low emotional states, such as depression, creates around oneself similar dull and lifeless space... The same can be said about a soul that splashes the filth of hatred and anger around itself. Those black and sticky states pollute intensively the surrounding area! This evil affects negatively other people and all other souls, including plants, animals, and other beings! Thus sadness and filth multiply in the space of our planet!

“The longer the soul resides in heavy and dirty states, the harder it will be for it to stand up, to cleanse and accustom itself to living in the transparent purity, kindness, and tenderness!

“Sufi path is the Path of Purity!

“So you need to begin with obtaining the purity of yourself as a soul! Only then you will be able to transform the surrounding space with this purity!

“If one, having woken up in the morning, opens one’s spiritual heart, fills it with calm, love, and tenderness, and sends these emotions to all directions — forward, backward, left, right, up, and down — wishing to give love and calm to everything around — then the pure and subtle space of the spiritual heart opens, and Allah joyfully fills it with Himself!

“You can also learn to merge with the Flow of Light of Allah that runs from top to bottom and ask Him to help you in the purification of your body and the soul. Then a waterfall of Purity will flow down abundantly! This Shining Flow will help you to cleanse your body and the soul, to wash yourself with the Light and become filled with It!

“All this is very simple! You should do it every day!

“Having filled yourself with Purity, you will be able to merge with the River of the Divine Light That flows above the expanse of fields, meadows, steppes, or deserts. In this way, you also will be able to give love — together with Allah — to everything and everyone around you!

“To begin with, these several methods of purification of the soul will be enough for you. Then I will teach you other methods. There are many of them! This is the *Path of Purity* — the Path of a Sufi!

“Right now another very simple technique can help you. If suddenly dark and heavy thoughts and emotions — due to your habit formed during years — try to overcome you once again, then you can cultivate a habit of appealing immediately to Allah in such situations. Exclaim in your spiritual heart: ‘Allah — Akbar!’ and then thank Him, remembering that He — Great and Omnipresent — is looking at you, loving you, and wanting to help you... His reciprocal Love then will kindle every time in your heart!

“You will be able to do this if you want!”

“All this is great, but I’d like to bring at least some benefit to others! It’s so hard to live, knowing that you are useless, that your life does not warm anyone, does not give fruits!”

“You received a good education. Could you re-write some of the books that contain wise sayings of Sufi Masters and some edifying stories? I have very valuable manuscripts that exist only in one or few copies in the entire world. You could help a lot of people to become familiar with that wisdom which is contained in them...”

“Yes, I’ll be able to do this well!”

“Then My disciples will bring you the texts and some money so that you do not have to think about what to buy food with... This work is very important for

many people. It will also bring great benefit to you if you do not just copy these texts but use the wisdom contained in them in your life.”

... The Master gave her one of the manuscripts, and she, full of gratitude, went home to try to start a new life.

* * *

Some time passed since then. On the surface, almost nothing had changed in her life, but her attitude to everything that was happening became quite different.

The disciples of the Master brought her new books and some money from time to time and helped her with housework. Besides, at the request of the Master, they explained the new methods of cleansing and development of the soul to her.

She also quite often found valuable advice on the pages of the books that she copied for others. When she was working with those texts, it seemed to her that she was speaking with the Master and that He was indicating what she should pay special attention to. She tried to follow His advice at all times.

However, one day a young disciple gave her latest work back to her, saying that the Master was not satisfied with the ornament, in whose design, according to Him, there was no harmony. That is why He was asking her to do this work over again...

The young man left without lingering on.

She stayed alone...

Despair seized her: “Can it really be true that I wasn’t able to do even this simple work? Oh Allah! Is there any hope for me?”

Tears streamed from her eyes...

Then she set to work again, trying hard to feel harmony and the Love of Allah...

She repainted the ornament and then began to rewrite a new text. The words were falling into place, forming nice and neat lines. The text was saying the following:

“If a person makes a mistake and then understands it and repents, unavoidably there will be a similar situation in his or her life in which he or she should act correctly. In that way, this person will prove to Allah that His lesson was learned.

“If, on the other hand, the mistake persists, then the tests will be also repeated until this person erases all the facets of this vice of the soul.

“The same thing will happen with every vice.

“As a result, the soul should become like a crystal clear glass vessel, in which the Light of Allah shines!

“The one who understands this accepts difficulties of these tests with joy and humility and praises Allah for every possibility to become better!”

She laughed happily, realizing that she had understood the idea of this lesson received from Allah: she repeated her mistake! How unstable her achieved level of purity and love turned out to be!

She saw the smiling face of the Master that consisted of Light and thanked Him for this lesson!

Light and Love filled her! She comprehended how Allah was helping her to become better!

The happiness of life under His Guidance flooded her, and she continued her work.

* * *

Time went by... She kept learning to feel the Will of Allah and the joy of life dedicated to Him.

The disciples of the Master liked to be in her house. They liked simplicity and purity that now reigned there. They also liked how she rewrote books, how she decorated them with delicate ornaments, and

how she took part in discussions by expressing humbly and simply wise thoughts sometimes.

The Master was also pleased with the success of His female disciple...

Villagers started coming to her with their requests or questions, and she never refused anyone and explained to them what she knew. She also retold stories that she copied. She told them in a very simple way, and what was difficult to understand turned into wise tales or parables from her lips...

Now children frequently visited her! They loved her stories and fairy tales very much! Thus her house became filled with laughter and joy, and she could teach those children the Laws of Love of Allah... Even though they were not her own, they loved her and called her among themselves *Sufi storyteller*.

Her neighbor changed as well. He apologized for having offended her once and even offered her to become his second wife... She answered him kindly that she no longer remembered that offense, but the past could not be returned, and now both — he and she — had new lives...

One day some travelers from the distant land came to that village and began to ask where the famous Sufi woman lived. All local people were very surprised and did not know what to answer them...

* * *

It so happened that the Master sent to her a new disciple who was not young already. He was traversing the *path of the heart* slowly, since in all his born days earthly love had never happened to him, and therefore his love for Allah also was not filled with vivid emotions. His efforts were either obedient execution of the instructions or the attempts to conquer his bad qualities... He succeeded greatly in the understanding of ethical truths and was diligent, but he tried to perform

the meditative trainings taught by the Master as just some given tasks. His spiritual heart did not start singing because of the love for Allah... He asked again and again new initiations from the Master, for he truly wanted to become better...

The Master once suggested that he live in the house of that woman and learn her simple way of life, in which she did everything only for Allah. He also emphasized that she had visited Him only once and had not looked for new initiations. In spite of this, she was one of His best disciples: she successfully developed herself as the soul and helped others to do the same. And Allah guided her!

... What happened next was the gift of Allah for those who seek to become better and perform the acts of kindness: their mutual love tinged their life together!

All around them was lit up by the Presence of Allah, since they lived and worked for Him!

Parable about Variants of Teachings on One Truth

One day the disciples asked the Master casting no shadows:

“Why are there so many differences in the Teachings about God and the Path to Him? Why even among Sufi teachers are there so many variants of what they teach, not to mention various religious faiths of different people? They argue and quarrel with each other about how to worship God! Why does this happen?”

“Well, I’ll tell you about this later, not right now. My close friend invited us to visit his home. So prepare yourselves for the road!”

... The next morning the Master and His disciples went on their way. A beautiful valley spread out before them. The majestic mountains were seen far away cloaked in the blue haze. The sun, rising over the tops

of mountains, gently lighted all around. The road on which the Master and His disciples walked was illuminated by the sunlight. It was so beautiful that it seemed that this light united the surface of the planet with the shining disk of the sun!

The Master suggested that His disciples admire this beauty and imprint its majesty:

“Here it is the road to the *source of light!*”

By evening, they reached the house of the Master’s friend. A lovely supper and wise conversations awaited them.

After the meal, they all went to a garden.

Blossoming fragrant trees, flowerbeds, and small babbling fountains created a blissful atmosphere of beauty and harmony. The rays of the setting sun painted the garden with golden glow. The path, which was faced with flat stones arranged with elaborate patterns, was lit up so beautifully that it seemed it was possible to enter the golden shine of the sunset directly...

The Master said:

“Remember this picture too! This is another road that also leads to the *source of light!*”

They stayed in the house of the Master’s friend for some days and then started making their way home.

When they were close to the house of the Master, He again suggested that they admire the beautiful scenery spread out before them. The sun illuminated the path gently and endearingly, as if welcoming them back home. The happiness of seeing this beauty over-filled them all again!

The Master asked:

“Do you still remember that you asked Me why there are different beliefs about the Path of the cognition of One God? Should I speak more about this now or, perhaps, some of you can explain this?”

The disciple of the Master called Sufy replied:

“Can I try to say what I have understood?”

The Master smiled tenderly:

“Well, try to convey what you have comprehended to others!”

Sufy began to speak:

“When one of the spiritual seekers comes to the end of the Path towards the Light, to the direct cognition of Allah — he or she becomes fascinated with the Beauty of the Beloved and wants to tell everyone about how it is possible to cognize His Blissful Love! So this seeker describes his or her own Path and everything that helped him or her on it.

“Another seeker also cognizes the Wonderful and Great Light of Love of Allah and describes for people everything that has helped him or her, every detail of the Path that seems important to this person!

“This is similar to the beautiful views of the sunrise or sunset that we contemplated. So one could see the sunrise in the east, another the sunset in the west... In one case, the path led to the mountain peaks; in another, it passes through the quiet contemplation in the midst of a blooming garden...

“Many call the spiritual Path *the road to their true Home, the Way Home!* And there is no greater joy than to merge with the Greatest Beloved in His Abode, where the soul obtains the Highest Happiness of Merger and the complete understanding of the Truth, Which is Allah!

“All successful seekers of the Truth cognize the same Universal Creator, in the same way we have seen the beauty and splendor of the same sun but with little differences.

“If the followers of Those Who have cognized the Creator also saw and understood the essence themselves, then they would see the shining Splendor of the Divine Love and Wisdom. In this case, there would be no disagreement among them.

“But in reality people begin to argue about the direction in which a body should be turned while worshipping or about the stones with which the steps of the

staircase are faced... In such cases, discordances multiply infinitely.”

“Well done, Sufy! You can explain complicated things with simple examples!”

“But You are the One Who showed this to us!”

“Allah has showed this during thousands of years. In spite of this, bloody discords that happen due to the differences in faith and that are stirred up by people living in the states of hatred and aggression continue taking place up to this day.

“We should learn to see and distinguish the true and the false in the teachings about the cognition of the Divine!

“While doing this, we should remember that the Truth always shines with the Light of Love!

“That variant of the spiritual advancement is true in which the basis is the ethical purity and the development of oneself as a spiritual heart. This is the Path of Love, the Path of the Spiritual Heart! This is the Straight Path!

“Yes, such a Path may have variations, and it makes sense to know and use them intelligently. Each next generation of the spiritual seekers will be able to benefit from the experience of their predecessors and make their own contribution to the treasury of knowledge about the purification of the souls and about the Path that allows one to come closer to the Divinity. All this helps to accelerate the progress of the true spiritual seekers on the Path of Evolution of the Universal Consciousness!”

Parable about the Sufi Path and the Life in the Embrace of Allah

*“Everything that you see, taste, touch,
and hear is I!
Yet I am much bigger than all this!
I am — Boundless!
When you — being in the great love for Me — disap-
pear in My Primordial Calm,
you are born again
and become One with Me!”*

Grand Master of Sufism

In the house of the Master casting no shadows, there were different disciples — boys and mature men. Yet only one girl was among them. Her name was Sufy, and she had lived with the Master since a very early age.

One day the male disciples began to talk about the place of women on the spiritual Path. They were saying that women undoubtedly could follow the Sufi Path but that none of them would ever become a Master who can teach others. Having heard this, Sufy became slightly sad.

The Master Himself was not present during that conversation and, seemingly, did not hear their statements.

However, the next day He began to tell the disciples a story about the *Beloved of Allah*:

“An unusual girl was born in one village from quite ordinary parents. When she grew up a little, it became clear that she did not resemble in any way to her parents or to her brothers and sisters.

That girl had a gift of prophecy and could easily read other people's thoughts.

Once, when guests were in her father's house, the girl came close to one of them and said:

"I feel sorry for you, since they are going to cut off your arm!"

The guests were so surprised to hear this that they even forgot to scold the girl for entering a room and breaking into the conversation without permission.

They asked her:

"What are you talking about?"

"He took the box with someone else's jewels and pretended that robbers had done this."

A few moments before, the guests had just been discussing that incident.

"What nonsense you are saying! Apologize immediately! How can you insult like this my honorable guest?!" — the girl's father exclaimed in anger.

"How can I apologize if I am telling the truth? The box is buried in his garden under the plum tree, on that side where the sun rises!"

... Of course, they decided to verify this and... found the box!

This story caused quite a stir in that village.

After some similar cases, in which the girl, having been asked by adults, named easily those who had committed a theft or fraud or in which she said to the faces of influential people about their evil thoughts and intentions, everyone became afraid of her and started avoiding her.

Soon her parents began even to lock her in their house so that she could not create any additional problems for them. Only occasionally they tried to use her insights for their own sake.

All people feared her and almost no one loved her.

Growing up, the girl gradually realized what a stranger she was in her family and in the entire surrounding world...

One day a Sufi Master came to their village and had a long talk with that girl.

Since then she changed, and her parents could not be happier with their daughter. She did not lose her abilities but did not create any problems for people around her anymore. Calm and stable light of heart love flared up in her and burnt brighter and brighter day after day. From that moment on, she helped only those who had asked her for help and only sometimes warned good people about future undesirable events...

Yet no one knew about her inner life.

... When her parents decided to marry her off, she suddenly refused point-blank and then even left her home.

She moved to a secluded place. Here only Allah was her Beloved, and she began to compose poems about her love for Him.

Having loved the spiritual heights inaccessible to ordinary people, she started living as a hermitess.

Enraptured by the Divine, she was not alone in her solitude: her Beloved was always there with her!

She cognized that the life of the soul can be... like a smooth dance in the Embrace of Allah.

She cognized how wonderful it is to live in the ecstasy of Union with the Beloved or in the tender calm of being dissolved in Him.

In this case, the corporal container of the soul becomes filled with His Love and Light so fully that no room remains inside it for the former "I"!

When the life of the soul reaches this limit, the Divine Light begins to flow through the body of such a person.

Here are her words with which she expressed what she felt, but only being the spiritual heart, you will be able to perceive the One Who is behind them.

**Oh, my Beloved!
I look at You**

And can't stop looking!

**Oh, my Beloved!
I kiss Your lips
And drink the nectar of Your Bliss!**

**Oh, my Beloved!
I breathe You,
And I am flying on the wings of happiness!**

**Oh, my Beloved!
I tremble in the Flame of Your Love
And flow in the River of Your Light!**

**Oh, my Beloved!
I embrace You
And can't encompass Your Infinity!**

**Oh, my Beloved!
I want to give all myself to You,
And then I become filled with You!**

**Oh, my Beloved!
You kiss me,
And I forget myself in Your Bliss!**

**Oh, my Beloved!
You embrace me,
And I disappear in Your Embrace!**

**Oh, my Beloved!
You absorb me,
And I submerge into the Depths of Your Calm!**

**Oh, my Beloved!
Our hearts have merged inside the Ocean of Your
Fire
And live now as One Heart!"**

Amazed by this story and ashamed of their yesterday's conversation, the disciples asked the Master:

"Whose words are these? Are You telling us a made-up story to heal our arrogance or such a Sufi woman actually lived?"

"Do you really need to see to be sure? Well, you will have this possibility. Her name is Sulia. She asked Me to send someone of My disciples after the book that she wrote down listening to the words of her Master — Grand Master of Sufism — Who isn't embodied right now."

* * *

The next day those disciples who had wished so went on a journey to learn from the Sufi woman whose name was Sulia. The girl Sufy was also among them.

The path promised to be long.

On their way to those lands, the disciples asked sheikhs and murids about this Sufi woman but did not find out much. They were only told that she lived a solitary life and that sometimes people came to her for advice and healing.

After a long travel, they came to the village that was, as they found out, the closest one to the house of Sulia. Here they began to ask how to find a way to her house. One local female dweller said to them:

"Why are you looking for this woman? She has neither husband nor children and lives all alone. What can a lonely woman understand in life? Perhaps, she is not too happy, since her destiny and the circumstances of her life weren't good, as it seems.

"You look healthy. Usually sick people come to her, and she can heal their illnesses.

"She gathers herbs and prepares remedies. Or maybe you too want to become healers like she?"

In spite of everything, this woman, keeping wondering, led them to the path to the house of Sulia.

When they came, she joyfully welcomed them:

“I’m so glad to see you, friends! This is so great that you have come!”

... They had lunch. Even the most ordinary activities seemed to be sacred in the marvelous harmony of her house. Sulia gave them very simple and modest food she had: honey, nuts, and dried fruits.

The disciples themselves brought with them all kinds of eatables that they bought, but very simple food of Sulia was much more delicious!

When they had taken a rest and then gathered near the hearth, Sulia began to tell them about the book:

“My Grand Master dictated me a book about the Sufi Path. I will pass it on to your Master through you. Once, in my childhood, your Master helped me a lot! I know that He is a Great Teacher and will be able to use and guard this knowledge, which was given to people from the One Who has maintained the purity and wisdom of Sufi teachings for centuries.”

Sulia gave them the book.

The disciples passed it around carefully and read from it aloud as much as every one of them felt by the inner desire:

“Love for all that exists in the Creation of Allah is the first stage of the ascension of the soul to the Path.

“Let the one who had the courage to start this Path become a brother or sister to each tree growing on earth, to each bird singing in branches or flying in the celestial expanse, to each lizard scurrying in desert sands, and to each flower blossoming in a garden!

“Every living creature of Allah begins to have meaning in the lives of such spiritual seekers and is perceived by them as a great miracle created by Allah for His and our own development!

“Every person then is seen not just as a relative or a stranger, a friend or an outsider, but as a child of the Creator!”

“The one who wishes no evil to anyone and commits no evil acts is worthy of rising over the vanity of momentary needs and desires and begins going to the Light!

“On the contrary, the one who causes intentional harm to other beings wounds in this way the Almighty, Who is present in each of His creatures by a small Part of Himself!

“Having realized this, a Sufi causes no evil to anyone either by act, word, or even thought!”

«Accept gifts with gratitude! And let this gratitude be not just words on your lips but the love song of your hearts!

“Give also from the heart!

“If there is no love in what you give, then this gift is useless!

“Any stone in a desert is more valuable than the gift that is not filled with love!”

“Help others in such a way that they do not feel as your debtors!

“Be grateful to Allah for the opportunity to help that He gives you!

“Be grateful to whom you give for the opportunity to manifest your love! If they had not agreed to accept your help, you would not have acquired new skills in giving the good!

“You need to learn to be grateful to everyone for the lessons of wisdom that this person — consciously or unconsciously — brings to your life. You also should be thankful to Allah for all events that fill every day of your life with these lessons!”

“Beauty can teach the soul many things! It is so, because beauty is the bridge from the world that is visible through the eyes of the body — to the world that is Divine and perceived by the heart love only.

“Blessed are those who create true beauty! They help the Light of Allah to be seen by those who were previously blind to It!”

“One should grow as the soul before becoming worthy of Freedom.

“Only one alone makes oneself a slave or free person!

“While one is a slave of one’s own emotions and desires, one can only dream about Freedom.

“There is external and internal freedom.

“Internal freedom is much more important for the soul than external one.

“When a soul attains total internal freedom, the external does not affect it negatively anymore. Then this person becomes truly FREE!

“Other people will not be able to limit the freedom of such a person anymore.

“Internal freedom begins in the silence of the spiritual heart. While one is not free from the crowds of thoughts and the perturbing sea of emotions, all these torturers will be with one wherever one goes.

“Only when the mind has stopped talking and there is only the silence of the heart, a possibility to gain Freedom emerges!

“Freedom is necessary, among other things, to be able to spread the wings of the soul in the Light!

“When one becomes so strong that one can gain freedom from a former oneself — oneself as a worthless slave of one’s fate and circumstances, desires and passions — and, more importantly, when one becomes really loving, only then can one begin to cognize the Divine Oneself!”

“Silence that exists in the expanded spiritual heart is not empty! It is full of Love! It is possible to feel Allah there, and then the soul becomes aware of His Boundlessness!

“The death of the lower ‘I’ is not the end but the beginning of a different life of the soul.

“A river, having flowed into the Ocean, does not die but only begins its new life in the Unity with the Ocean!”

“What can be more beautiful than dissolution in love?

“About the Grand Dissolution, My word will be today.

“If the heart of a Sufi is flooded with love for the Almighty and the Loving One, then such a little heart can cognize the Unity with the Great Heart!

“Small love, having cognized the Great Love, forgets its previous smallness and attains the Omnipresence and Calm of Allah!

“Just as a river should surrender to the ocean, when, having lost its shores and moderated its pace, it sinks in its waters, so the soul should lose its limiting shells and learn to dissolve itself in the Love of Allah!

“In the same way, the coastal sand surrenders to the ocean tide and allows it to flood itself with gentle waves. And then this is not the shore anymore but the ocean floor, which extends to the greatest depths!

“Similarly, a Sufi should allow the Greatness of Allah to absorb the separateness of the soul!

“The one who has been able to surrender oneself to the authority of Allah and aspires — inside Him — to the cognition of His Boundlessness is so beautiful!”

“Men and women who revere Allah, what do you do to show Him your devotion?

“Does He need your praises?

“Does He need your prayers and material offerings?

“Or is this a way in which you — in your weakness and naivety — want to approach Him by bringing donations to the temples and asking for mercy for yourselves?

“There is only one gift that delights the Almighty: this is the gift from the soul, the gift that is called HEART LOVE!

“It is not enough for this just to utter some words!

“Think deeply about which of your today’s deeds will please the Almighty!”

“Today My word will be about the heart, but not about that heart which beats in your chest and pumps blood through your body! I will speak about that heart which should become home for the Almighty. This is the spiritual heart, the heart of the soul!

“Do you know your spiritual heart?

“Do you know how to clothe yourself in the quietness by submerging in the silence of this heart?

“Do you hear — in the silence of this heart — the voice of the One Who wants to tell you about His Love?

“He is always there! He is where your body is, where your heart is, where billions of stars shine in the eternal spaciousness of the universe!

“*Beneath everything*, He, the invisible One, abides forever!

“The one who can open for Him one’s expanded spiritual heart will be able to see Him!

“Let the soul take off all its coarse and vicious shells stained by the sins of a former life!

“Let the soul cleanse itself of all vices and become pure and transparent!

“Then it will not be ashamed before its Beloved and Friend!”

“Let human bodies become like vessels filled with the Light of Life of the All-creating One!

“Whose fault is this that your vessel is dirty?

“If, on the other hand, Allah began to live in your heart, then guard this Lamp and don’t let the winds of life blow it out and the torrents of human malice extinguish it!

“If one always keeps the Fire of Allah’s Love in one’s heart, then one’s entire life becomes transformed!

“Such one becomes similar to a new star that ignited in the universe and should allow the Light of Allah to shine with all its fullness and power!”

“Allah loves all His children!

“The sun equally caresses mighty trees and small flowers.

“Rain makes no difference between vineyard and small blades of grass when it shares its life-giving moisture.

“The one who receives the Love of Allah as food for the growth and maturation of the soul can bear great fruits with time!”

“The Love of Allah is like the light of the sun: the one who looks at it sees its source, but the one who does not look at it does not see it.

“The one who is not spiritually awakened does not know the causes of all that happens. That person also does not see the One Who gives life to everything.

“On the contrary, the one who has come close to Allah burns out completely in His Love and becomes Him!

“It is so, because there is no room for two *there!*

“Thus one becomes a Part of the Shining Source of Life!”

“Divine Wisdom is like water.

“Some receive it with joy and gratitude, but some avoid its cleansing and nourishing streams.

“When the soul reaches the Creator of everything in His Universal Abode, it — like a river that flowed into the ocean — gives Him everything valuable that it has accumulated during many lives. In return, the soul receives all the Wisdom, Love and Power of the Ocean!

“Thus the Ocean — the *Great United We* — is enriched over and over again!”

“All external love that nourishes you can quench your thirst only temporarily, since you wish more of it after some time!

“Your thirst for love can be completely slaked only in the Great Source, the entrance to which is in your spiritual heart!

“Only there the soul can merge with the Love of Allah!”

“The *Higher Divine I* abides in the world of the Great Silence.

“The silence of your mouth does not give a possibility to touch It. Only the silence of the mind uncovers the Infinity of the Silence of Allah!

“His thoughts then acquire sound and become words on your lips.

“His Silence embraces your heart with calm.

“Oh, how beautiful He is, the One Who dwells in everything! See His countless Faces in the world where you live — and then this world will shine with Love and Light!”

“Behind all the beauty of the world, beauty that was created by Allah, He Himself — the Primordial Beauty — is shining!

“His Silence has no boundaries, but His Voice sounds in It!

“His loving Eyes are everywhere and see you always!

“He hears each of your thoughts!

“Don’t try to hide anything from the Beloved because there are no secrets for Him!

“In your spiritual heart, there is the Door to the world of your Beloved!

“While your heart is pure, the Beloved does not leave it!

“So purify the temple of your heart, and then Allah will be able to look from it into the world of His Creation!”

... They finished reading and kept sitting without saying a word for a long time. The silence was filled with the Presence of non-incarnate Grand Master.

Then Sulia passed the book to Sufy:

“Take it, my girl! The time will come and you will fulfill all this!”

“Tell us a little more about Yourself, about Your Path!” — asked the disciples.

“Your Master has already told you almost everything about me!

“It took me many lives to traverse this Path. Yet everything was quite easy in my last incarnation:

“In the beginning, there lived on earth a girl who felt like a stranger in this world. She lived among people who were interested only in futilities of life...

“Then your Master opened for me a life in the Light of Love and taught me to see and hear the disembodied One Who was my Teacher in my several past lives. At that time, I found again my Grand Master!

“Since then my life became filled with the love for Him.

“During the first meetings of this kind, every contact of the developed Consciousnesses gives the greatest happiness to both!

“Later on the Mergence interrupts only to say one to another about love over and over again and after this to lose oneself again in the Embrace of the Beloved!

“As the lovers separate their lips only to unite them again in a kiss, in the same way the soul seeks for the Unity again and again to experience the ecstasy of Mergence!

“This is the most enjoyable stage of the Path when all around give the Bliss of the Connection with the Divine!

“The body then seems to be soaring in the transparent Fire of Allah! This Fire does not burn, since It almost coincides with the fire of your love.

“However, the soul attains complete happiness only when it has submerged into the *Depths* of the Almighty, and even the memory of its separateness abandons it.

“I asked Allah: ‘Oh Allah shining in my heart! Take my entire body and use it so that this receptacle belonging to You can let Your Love manifest Itself and shine in Your Creation!

““Let Your Eyes look through my eyes at this world! Let Your Lips tell people with my lips what You want to tell!’

“In this way, my life was passing.

“One day my Grand Master said that once He had written a book about the Sufi Path, but it did not remain on paper so that people could read it. Those thoughts and sayings about the Truth asked again and again to be manifested in the form of words and lines on paper.

“I saw Him sitting at a table over the book and writing those words. The rays of the sun were falling on it. The book was shining! The lines under His hand were lying on the pages. Allah was in Him and the Words of Allah were becoming visible.

“I took a pen and paper then and began to rewrite this Book.

“Now I give you this major work of my life. Guard it not only as words written on paper, but as the Path of Heart, which is waiting to be traversed by each of you!”

... Then Sulia stopped talking and continued Her story without words.

They were sitting in silence. Each one perceived what he or she could perceive from the infinite Source of Wisdom called Sulia:

“I feel each of you as Allah feels!

“I know about you that which is still hidden even from you yourselves, because His Love opened for Me all secrets.

“You, as souls, are naked before Me!

“I know your past, all your burdens and sorrows!

“I know your accomplishments and your desires!

“Even your innermost thoughts are not hidden from Me!

“Allah lives in Me, shines with His Flame through My Heart, and looks through My eyes! My lips utter His Words!

“We have not separated for so long that I even forgot about how it is to be separated!

“I am the One Who left ‘myself’, and therefore only Allah abides here now!

“My thoughts are filled with His wisdom!

“My arms are united with His Power, and My heart is merged with the Boundless Ocean of His Love, Which has no limits in the universe!

“I gave Him My life entirely and in return received His Life in Me!

“I am like the bottomless Vessel that is full of Love of Allah! You can drink from It!

“It will never be empty! I want to bring it to the lips of everyone who is thirsty!

“I am like the Lamp in which His tenderest and infinite Flame is burning! You can also light your lamps from It!

“Everyone needs to find God within himself or herself! Carry the Flame of His Love in your hearts! Let the heart be filled with the Flame of Love of Allah!

“I am one of Those Who cognized His Infinity!

“We all in Him are equal and merged!

“The cognition of His Love awaits each of you!”

... A few days later, when the disciples were returning home, they were recalling the Greatness of the One with Whom they had spoken.

They remembered how the Almighty had smiled with Her smile and looked with Her eyes! They remembered how the Ocean of His Love had flowed from Her spiritual heart, how Her hands had served and keep serving Him through every action, and how Their united Light had embraced them from all sides!

Recommended Literature

- 1. Antonov V.V. (ed.) — The Beauty of Pure Islam. Bancroft, “New Atlanteans”, 2008.**
- 2. Antonov V.V. (ed.) — Classics of Spiritual Philosophy and the Present. Bancroft, “New Atlanteans”, 2008.**
- 3. Antonov V.V. — Ecopsychology. Bancroft, “New Atlanteans”, 2008.**
- 4. Antonov V.V. (ed.) — Forest Lectures on the Highest Yoga. Bancroft, “New Atlanteans”, 2008.**
- 5. Antonov V.V. — The Bhagavad Gita with Commentaries. “New Atlanteans”, 2008.**
- 6. Antonov V.V. (ed.) — Tao Te Ching. Bancroft, “New Atlanteans”, 2008.**
- 7. Antonov V.V. — Spiritual Heart — Religion of Unity. Bancroft, “New Atlanteans”, 2008.**
- 8. Antonov V.V. — How God Can Be Cognized. Autobiography of a Scientist Who Studied God. Bancroft, “New Atlanteans”, 2009.**
- 9. Teplyy A.B. — Book of the Warrior of Spirit. Bancroft, “New Atlanteans”, 2012.**

Our video films:

- 10. Immersion into Harmony of Nature. The Way to Paradise. (Slideshow), 90 minutes (on CD or DVD).**
- 11. Spiritual Heart. 70 minutes (on DVD).**
- 12. Sattva (Harmony, Purity). 60 minutes (on DVD).**
- 13. Sattva of Mists. 75 minutes (on DVD).**
- 14. Sattva of Spring. 90 minutes (on DVD).**
- 15. Art of Being Happy. 42 minutes (on DVD).**
- 16. Keys to the Secrets of Life. Achievement of Immortality. 38 minutes (on DVD).**
- 17. Bhakti Yoga. 47 minutes (on DVD).**
- 18. Kriya Yoga. 40 minutes (on DVD).**
- 19. Ecopsychology. 60 minutes (on DVD).**
- 20. Yoga of Krishna. 80 minutes (on DVD).**
- 21. Yoga of Buddhism. 130 minutes (on DVD).**
- 22. Taoist Yoga. 91 minutes (on DVD).**
- 23. Ashtanga Yoga. 60 minutes (on DVD).**
- 24. Agni Yoga. 76 minutes (on DVD).**
- 25. Yoga of Sathya Sai Baba. 100 minutes (on DVD).**
- 26. Yoga of Pythagoras. 75 minutes (on DVD).**
- 27. Psychical Self-Regulation. 112 minutes (on DVD).**

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